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Weekly Bulletin



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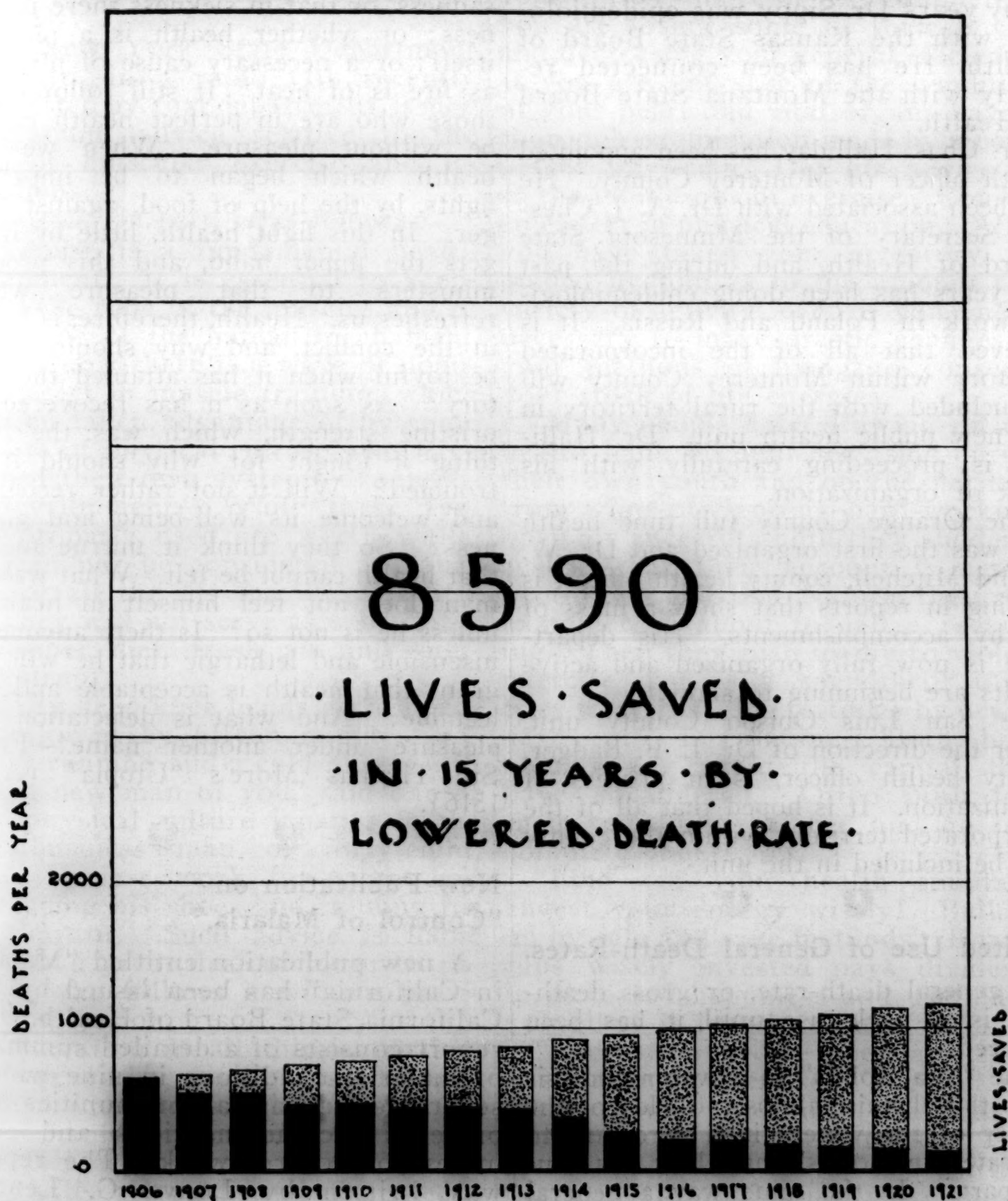
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DEATHS FROM TYPHOID IN CALIFORNIA, 1906 TO 1921.



Full Time County Health Units Working.

California's four new full time county health departments are flourishing. Starting a new county health organization requires skill, judgment, tact and knowledge. The four new health officers are exercising all of these attributes and they are at the same time building their organization upon conservative, permanent foundations.

Dr. John J. Sippy is the health officer of San Joaquin County, the new public health unit, which includes all of the incorporated cities as well as rural territory within the county. Stockton, Lodi, Tracy and Mateca have joined the new unit with enthusiasm, enabling Dr. Sippy to proceed without hindrance in the establishment of his organization. For many years Dr. Sippy was epidemiologist of his organization. For many years Dr. Sippy was epidemiologist with the Kansas State Board of Health. He has been connected recently with the Montana State Board of Health.

Dr. Chas. Halliday has been appointed health officer of Monterey County. He has been associated with Dr. A. J. Chesley, Secretary of the Minnesota State Board of Health, and during the past few years has been doing epidemiological work in Poland and Russia. It is believed that all of the incorporated territory within Monterey County will be included with the rural territory in this new public health unit. Dr. Halliday is proceeding carefully with his work of organization.

The Orange County full time health unit was the first organized and Dr. W. Leland Mitchell, county health officer, is sending in reports that show a mass of worthy accomplishments. His department is now fully organized and active results are beginning to show.

The San Luis Obispo County unit, under the direction of Dr. L. F. Badger, county health officer, is in process of organization. It is hoped that all of the incorporated territory within the county may be included in the unit.



Limited Use of General Death-Rates.

A general death-rate, or gross death-rate, is of little use until it has been analyzed.

The "total solids" in a water analysis gives the chemist almost no idea of the quality of the water: it is necessary to separate the "solids" into their constituent parts. In the same way a general

death-rate must be broken up into its constituent parts. At the present time the analysis of death-rates is practiced but little. *Death-rate analysis today is in about the same condition that water analysis was in fifty years ago.*—GEORGE C. WHIPPLE.



Health in Utopia.

The Utopians, who earnestly discussed this question, long ago rejected and condemned the opinion of those who said that the mere passive condition of good health ought not to be counted a pleasure, because it cannot be sensibly perceived and felt by some outward motion. Sickness is accompanied by sadness, which is as inimical to pleasure as sickness is to health; why then should not pleasure lie in the mere possession of health? It does not matter whether you say that sickness is sadness, or that in sickness there is sadness; or whether health is a pleasure itself; or a necessary cause of pleasure, as fire is of heat. It still follows that those who are in perfect health cannot be without pleasure. When we eat, health which began to be impaired, fights, by the help of food, against hunger. In this fight health, little by little, gets the upper hand, and this process ministers to that pleasure which refreshes us. Health, therefore, is happy in the conflict, and why should it not be joyful when it has attained the victory? As soon as it has recovered its pristine strength, which was the only thing it fought for, why should it be troubled? Will it not rather recognize and welcome its well-being and goodness? So they think it untrue to say that health cannot be felt. What waking man does not feel himself in health—unless he is not so? Is there anyone so insensible and lethargic that he will not grant that health is acceptable and delectable? And what is delectation but pleasure under another name!—From Sir Thomas More's "Utopia" (A. D. 1516).



New Publication on "Control of Malaria."

A new publication entitled "Malaria in California" has been issued by the California State Board of Health. The report consists of a detailed summary of malarial conditions in nine widely separated California communities and presents recommendations and estimates for control work. The report was written by Louva G. Lenert,

sanitary engineer with the International Health Board, now a member of the staff of the California State Board of Health, and Edward T. Ross, chief sanitary inspector of the board.

The following mosquito abatement districts are covered in the publication: Redding, Anderson, Cottonwood, Los Molinos, Durham, Oroville, Fair Oaks.

The territories in the vicinities of Merced and Visalia are also covered in the report.



Exercise in Moderation.

Physical exercise is necessary in the maintenance of good health. It will not prevent the contraction of communicable disease, however; nor will it take the place of proper food, sleep and other important factors in the promotion of good health. Moderation in muscular exercise should be observed.

The New York State Department of Health, in a radio talk recently broadcasted by that department, issued some sound advice relative to the value of muscular exercise and its limitations.

The "talk" in part, is as follows:

"Exercise is a fundamental health requirement. It is essential to keeping up the tone of the muscles and of the organs of the human mechanism. But just now there is a wave of popular interest in muscle training, which has been taken advantage of by some teachers of physical culture who have outlined their own systems of muscular development. While these systems properly used are worth while, they can not be considered as panaceas for all the ills that flesh is heir to. They will not serve as substitutes for proper diet, fresh air and sufficient sleep.

"Fifty deep knee bends each morning followed by fifteen minutes stationary running and a cold plunge will make a new man of you," said one of these physical culture fanatics to the tired business man of forty-eight, whose hardest work for years had been lacing his shoes and running for the elevator. Such advice is liable to cause a great deal of harm to the person who follows it without previous preparation.

"Moderation in all things, particularly in exercise, must be the motto of the man who wants to keep his physical mechanism functioning at 100 per cent efficiency or to restore it to normalcy after a long period of neglect.

"It may be disastrous to play such an innocent game as handball more than twenty minutes the first time out, or to put an entire afternoon into tennis or baseball following one or several seasons vacation from all sports. It is equally hazardous and foolish to join a gymnasium class and take the whole series of exercises as given to the older members of the class the first day. The least serious result of such conduct would be severe lameness and muscle soreness and a violent aversion to any and all forms of exercise for several days.

"An overdose of muscular activity is harmful. Wisely selected exercise is just what the average person needs. Nothing can take the place of muscular activity. Pills, drugs, stimulants, massage, baths, treatments, are not substitutes. You may not realize it, but unless you are, day by day, using your muscles more or less completely, you are losing some of their power and decreasing your general efficiency. If you are not sure of the condition of your heart and vital organs have a thorough examination made by a competent physician. Get his advice as to the limitations of exercise. Consult an expert in physical education. After you have taken your inventory, be guided by him as to the amount and variety of activity, even if you find it necessary to make drastic changes in your methods of living to conserve your stock of life energies.

"Many people keep drawing on the health bank account set aside during their own youth and on the heritage from a line of vigorous, hard-working, open air ancestors until they suddenly realize that their account is nearly overdrawn and that Nature, the great examiner, is about to call a reckoning. Then they rush madly to violent exercise just as a spendthrift often tries to retrieve his fortunes by a wild dash into speculation. Both hope quickly to regain the capital they have squandered. Often both lose their remaining balance and go into complete bankruptcy.

"Find out your health standard! Invest your energy wisely! Build it up by safe and sane methods. Energy thus wisely invested pays dividends in increased happiness and usefulness as well as in length of days.

"Recreation in the open air is the best form of exercise. The fun element should enter into the activity. Sports serve a triple purpose. They recreate physical, mental and spiritual energy. In youth they make up the

main business of life; in middle age and later years in moderation they serve to keep the spirit of youth alive.

"Baseball kept up each year may be played until well into the forties. Volley ball is a team game of international popularity. Hockey and cricket, tennis, handball, squash, racquets, golf, croquet, bowling, fencing, boxing, all these have good points. For those who can not join in such contests or combats there are individual activities as walking, skating, snowshoeing, horseback riding, fishing, hunting, etc.

"The biggest asset a man can have is an open air hobby such as fishing, hunting, exploring, or anything that calls one forth into God's great gymnasium, the out-of-doors. Let us remember that it is worth while to plant trees, to weed the garden, to shovel snow, to wash the auto, to mow the lawn, to scrub the kitchen floor, for the good it does our muscles as much as for the saving of our money.

"Certain kinds of work may be classed as healthy exercise, though not always considered real recreation."



MORBIDITY.*

Smallpox.

Thirty-four cases of smallpox have been reported, the distribution being

*From reports received to date for last week.

as follows: Los Angeles 13, Monterey 1, Pomona 4, Red Bluff 2, San Francisco 2, San Joaquin County 6, Stanislaus County 2, Stockton 4.

Typhoid Fever.

Nine cases of typhoid fever have been reported from the following localities: Los Angeles 1, Martinez 1, Oakland 1, Ontario 1, San Anselmo 1, San Francisco 1, San Joaquin County 2, California as a whole 1.

Cerebrospinal Meningitis.

Three cases of cerebrospinal meningitis have been reported, one each from Alameda, Los Angeles and San Francisco.

Leprosy.

Sacramento reported 1 case of leprosy.

Epidemic Encephalitis.

Six cases of epidemic encephalitis have been reported, Los Angeles reporting 2 and Ontario, San Francisco, Suisun and Tulare County each reporting one.

Rocky Mountain Spotted Fever.

Lassen County reported one case of Rocky Mounted spotted fever.

Poliomyelitis.

Los Angeles reported one case of poliomyelitis.

COMMUNICABLE DISEASE REPORTS.

Disease	1923				1922			
	Week ending			Reports for week ending April 7 received by April 10	Week ending			Reports for week ending April 8 received by April 11
	Mar. 17	Mar. 24	Mar. 31		Mar. 18	Mar. 25	April 1	
Anthrax.....	1	0	0	0	0	0	0	0
Cerebrospinal Meningitis.....	5	1	2	3	3	1	2	2
Chickenpox.....	231	282	175	268	195	153	151	163
Diphtheria.....	151	160	141	137	184	163	161	117
Dysentery (Bacillary).....	2	1	0	4	2	0	1	0
Epidemic Encephalitis.....	8	1	2	6	5	1	4	0
Gonorrhoea.....	65	89	138	101	52	70	68	90
Influenza.....	365	424	219	131	3911	1529	854	294
Leprosy.....	0	0	1	1	0	2	1	0
Malaria.....	2	1	1	0	2	3	3	1
Measles.....	681	732	813	944	15	22	22	16
Mumps.....	32	43	21	30	110	71	56	54
Pneumonia.....	176	234	207	66	264	188	211	101
Poliomyelitis.....	0	0	0	1	0	0	1	0
Rocky Mt. Spotted Fever.....	0	0	0	1	0	0	0	0
Scarlet Fever.....	201	210	174	184	129	142	101	109
Smallpox.....	22	30	13	34	59	38	44	41
Syphilis.....	88	107	107	133	93	102	113	100
Tuberculosis.....	187	141	155	153	211	206	288	86
Typhoid Fever.....	9	2	10	9	6	8	7	16
Whooping Cough.....	159	211	206	164	41	44	67	66
Totals.....	2386	2670	2385	2370	5282	2743	2155	1256